

AUTISM FLASHCARDS

Contents:

- 32 Flashcards

Equipment Required:

- 1 netball – if you don't have a netball, any ball will do

Instructions:

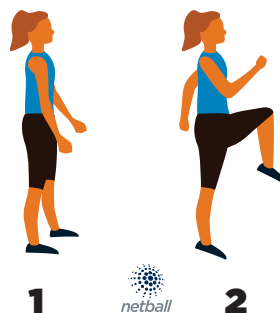
- Print out flashcards or view on computer
- Place some or all flashcards in any order
- Complete the actions as shown on the flashcards
- Mix up the actions and have another go!

Options:

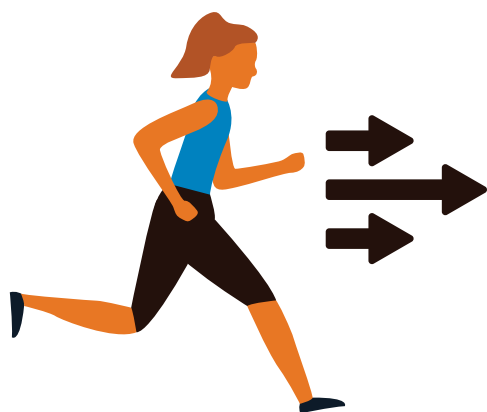
- Complete indoor or outdoor
- Create an activity course around the house
- Do it with other people in your house
- Just do the movements with no netball
- Add your own extra flashcards!

Whilst the Flashcards and the information in it has been developed using the best information currently available, it is intended as guidance only and any use of, or reliance on, the Flashcards is at the user's own risk. Netball Victoria and the authors of, or contributors to, the Flashcards do not take, or assume, any responsibility for the accuracy of any information provided in, or omitted from, the Flashcards. The foregoing parties are not liable for any consequences whatsoever resulting directly or indirectly from compliance with or adoption of these Flashcards. The Flashcards does not replace obtaining advice on your specific requirements and it is recommended you do so.

20 High Knees



Run



Run



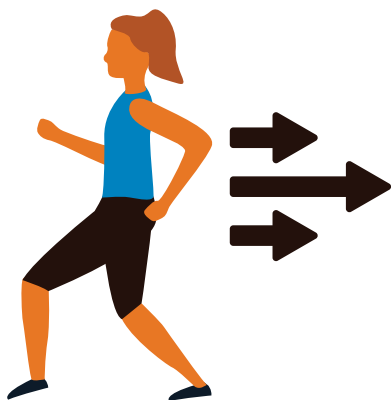
Run



Run



Run Backwards



Run Backwards



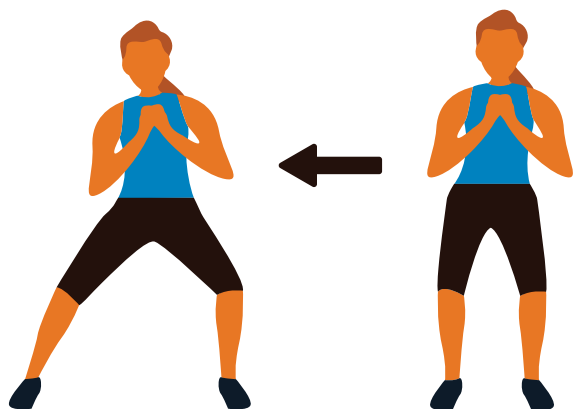
Jump



Jump



Side Step Left

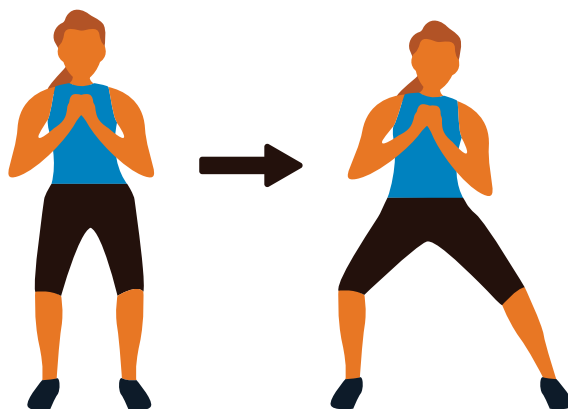


2

1



Side Step Right

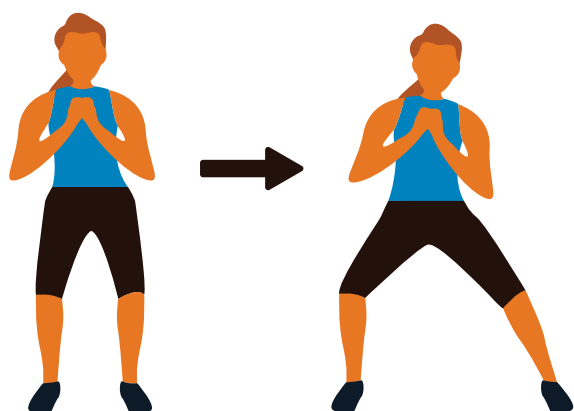


1

2



Side Step Right

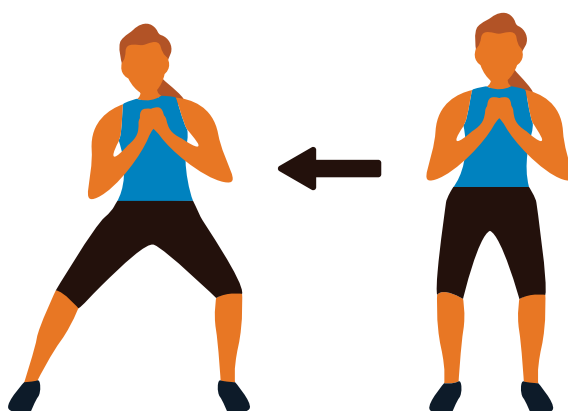


1

2



Side Step Left



2

1



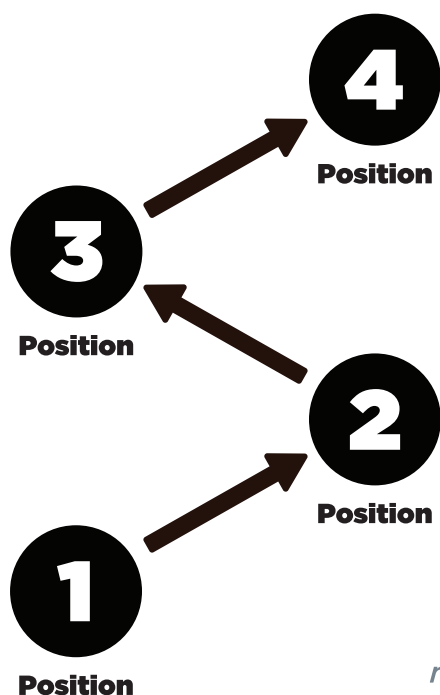
Pivot (Turn Around)



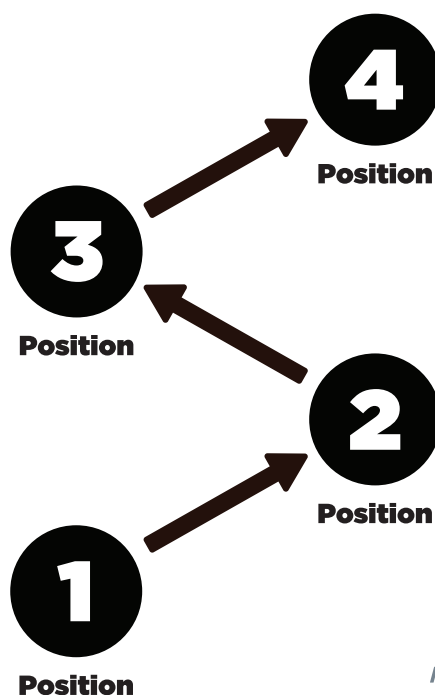
Pivot (Turn Around)



Dodge (Change Direction)



Dodge (Change Direction)



Hands Up Defending

(Balance on toes
for three seconds)

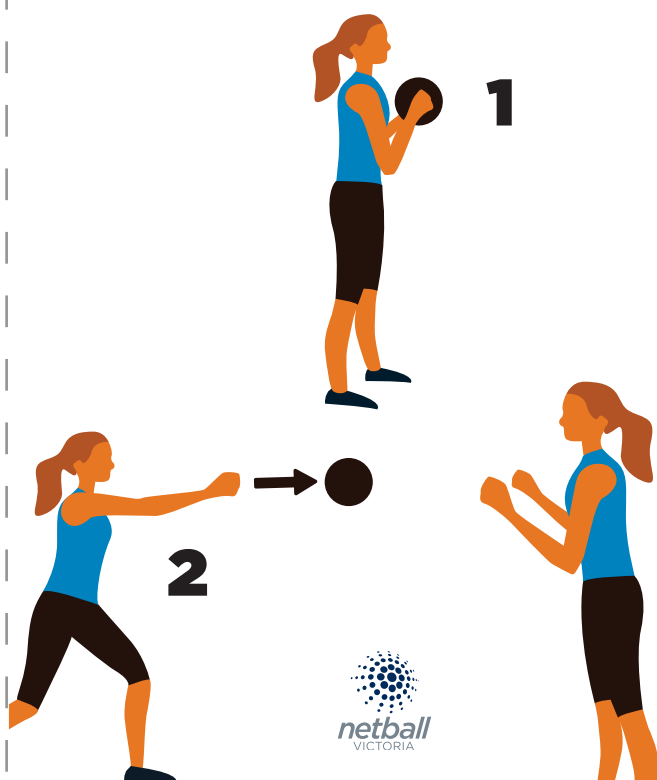


Hands Up Defending

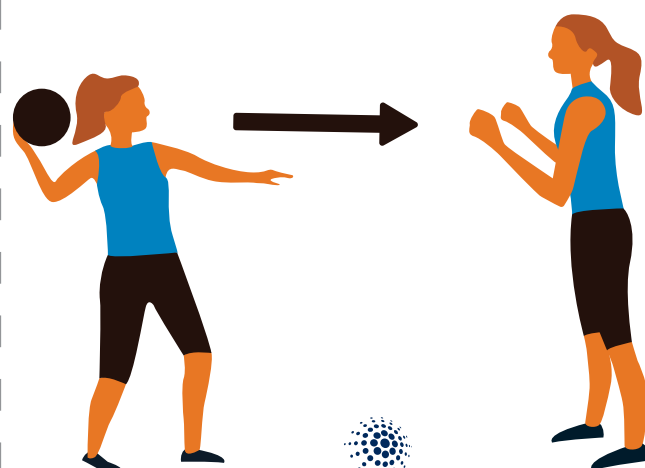
(Balance on toes
for three seconds)



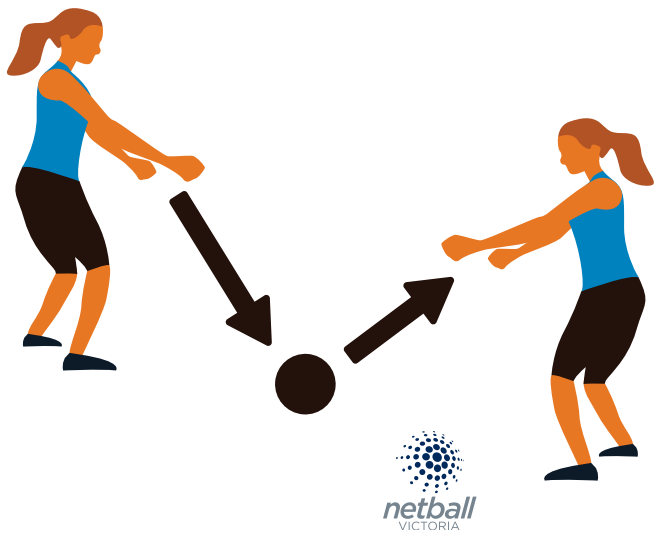
Chest Pass



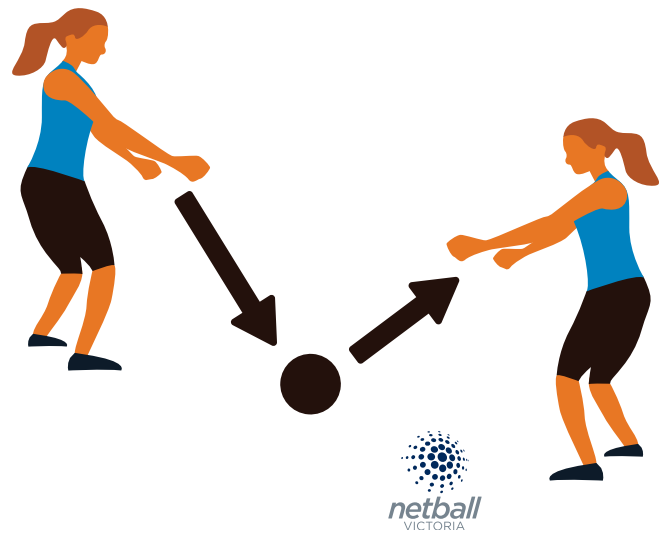
Shoulder Pass



Bounce Pass



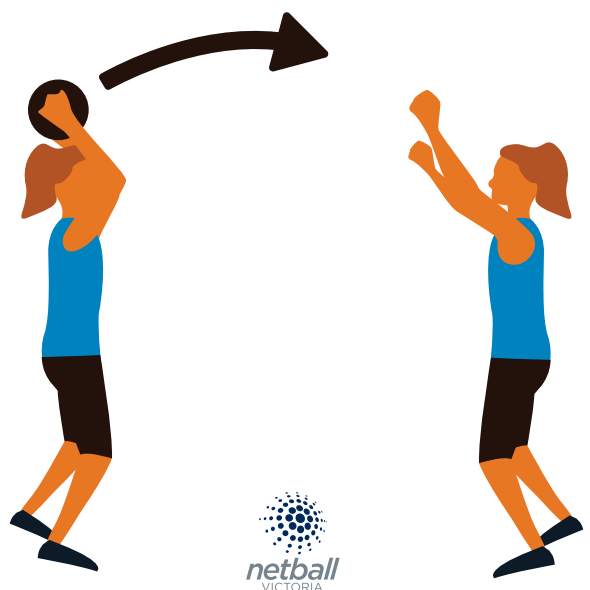
Bounce Pass



Lob Pass



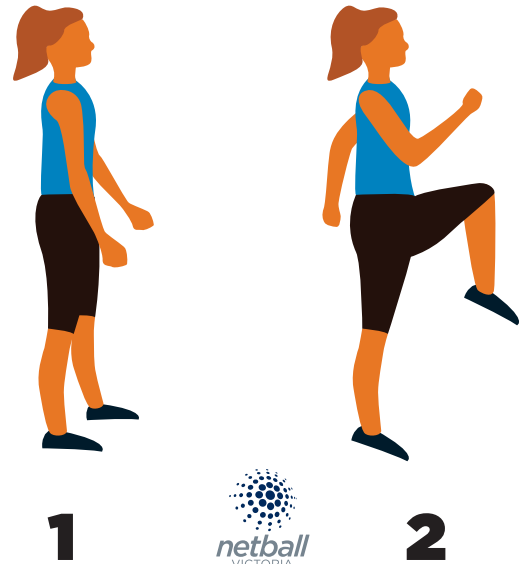
Overhead Pass



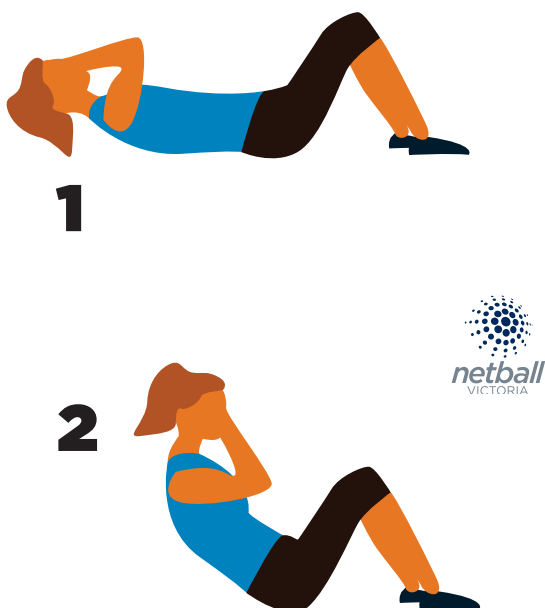
10 Star Jumps



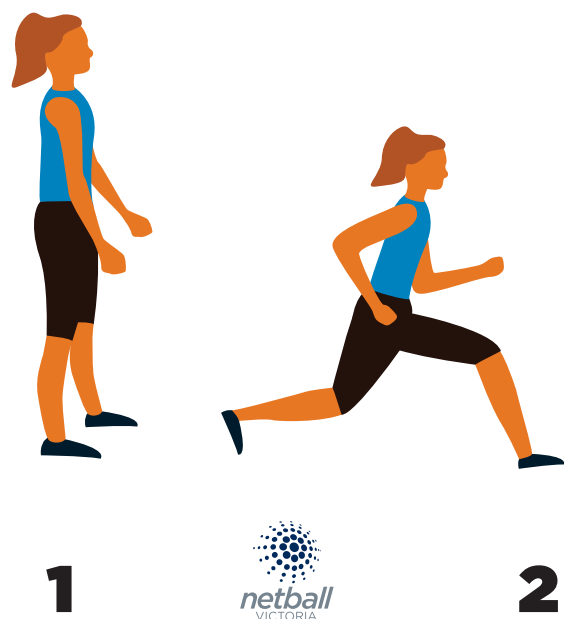
20 High Knees



10 Sit Ups



10 Lunges



10 Squats



1



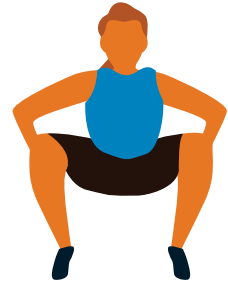
2



5 Tuck Jumps



1



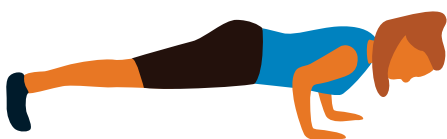
2



Push Up



1



2



Plank (30 Seconds)

